



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03191, Babyfood, cereal, oatmeal, with applesauce and bananas, strained

Report Date: June 24, 2017 23:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.5 Nitrogen to Protein Conversion Factor:6.04

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Proximates						
Water	g	82.20	37	0.300	23.30	92.89
Energy	kcal	75	--	--	21	85
Energy	kJ	312	--	--	88	353
Protein	g	0.89	--	--	0.25	1.01
Total lipid (fat)	g	0.89	--	--	0.25	1.01
Ash	g	0.40	25	0.000	0.11	0.45
Carbohydrate, by difference	g	15.62	--	--	4.43	17.65
Fiber, total dietary	g	0.9	--	--	0.3	1.0
Sugars, total	g	8.85	--	--	2.51	10.00
Minerals						
Calcium, Ca	mg	6	--	--	2	7
Iron, Fe	mg	7.50	--	--	2.13	8.47
Magnesium, Mg	mg	11	1	--	3	12
Phosphorus, P	mg	41	1	--	12	46
Potassium, K	mg	97	--	--	27	110
Sodium, Na	mg	4	--	--	1	5
Zinc, Zn	mg	7.50	--	--	2.13	8.47
Copper, Cu	mg	0.073	3	0.005	0.021	0.082
Selenium, Se	µg	3.0	1	--	0.9	3.4
Vitamins						
Vitamin C, total ascorbic acid	mg	13.9	--	--	3.9	15.7
Thiamin	mg	0.111	--	--	0.031	0.125

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Riboflavin	mg	0.133	--	--	0.038	0.150
Niacin	mg	1.770	--	--	0.502	2.000
Pantothenic acid	mg	0.227	--	--	0.064	0.257
Vitamin B-6	mg	0.089	--	--	0.025	0.101
Folate, total	µg	22	--	--	6	25
Folic acid	µg	22	--	--	6	25
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	38	--	--	11	43
Choline, total	mg	4.1	--	--	1.2	4.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	90	--	--	26	102
Vitamin E (alpha-tocopherol)	mg	0.59	--	--	0.17	0.67
Vitamin E, added	mg	0.59	--	--	0.17	0.67
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	0.6	2.5
Lipids						
Fatty acids, total saturated	g	0.125	--	--	0.035	0.141
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.001	0.002
14:0	g	0.001	--	--	0.000	0.001
16:0	g	0.105	--	--	0.030	0.119

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
18:0	g	0.007	--	--	0.002	0.008
Fatty acids, total monounsaturated	g	0.216	--	--	0.061	0.244
16:1 undifferentiated	g	0.001	--	--	0.000	0.001
18:1 undifferentiated	g	0.215	--	--	0.061	0.243
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.253	--	--	0.072	0.286
18:2 undifferentiated	g	0.242	--	--	0.069	0.273
18:3 undifferentiated	g	0.002	--	--	0.001	0.002
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.017	--	--	0.005	0.019
Threonine	g	0.046	--	--	0.013	0.052
Isoleucine	g	0.049	--	--	0.014	0.055
Leucine	g	0.099	--	--	0.028	0.112
Lysine	g	0.053	--	--	0.015	0.060
Methionine	g	0.030	--	--	0.009	0.034
Cystine	g	0.029	--	--	0.008	0.033
Phenylalanine	g	0.066	--	--	0.019	0.075
Tyrosine	g	0.052	--	--	0.015	0.059
Valine	g	0.068	--	--	0.019	0.077
Arginine	g	0.093	--	--	0.026	0.105
Histidine	g	0.034	--	--	0.010	0.038
Alanine	g	0.059	--	--	0.017	0.067
Aspartic acid	g	0.111	--	--	0.031	0.125
Glutamic acid	g	0.287	--	--	0.081	0.324
Glycine	g	0.070	--	--	0.020	0.079
Proline	g	0.064	--	--	0.018	0.072

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Serine	g	0.062	--	--	0.018	0.070
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0